

# *Study and Live*

## *Part One*

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Schools are springing up all over the Earth.

One can find primary education institutions and universities for higher education.

Nowadays, however, alongside establishments aimed at professional and scientific specialization, we find in the Spiritist temple, the school of the soul, teaching how to live.

This kind of spiritual development work, though, is not new.

Luke, the evangelist, tells us that Jesus (1), on a Sabbath in Nazareth, attended an assembly of the faithful, where He read a page from Isaiah to enlighten the listeners, which caused a heated discussion.

We mention this fact to highlight the study habits in the communities of that time, as to name Christ as a teacher, it is enough to remember His constant words to the people, both in the squares and in family settings, as happened in the house of Bethany. (2)

On the day of Pentecost (3), sublime messengers took

advantage of the mediumistic faculties of Jesus' direct followers and spoke in different languages, instructing the crowd on matters of higher spirituality.

We know that a friendly Spirit approached Philip (4) and asked him to kindly meet a high-ranking Ethiopian official on his way so that he could read some passages of Scripture in communion with him.

Paul's letters to the Christians of various communities were read (5) and exchanged for the proper elucidations in the centers of the evangelical culture of apostolic times.

It is only fair, then, that Spiritist institutions, now reviving pure Christianity, should support systematic studies aimed at clarifying religious thought and drawing up guidelines for spiritual life.

Mindful of the friends' comforting suggestions, we have put together this volume (6), which is a light-hearted compilation of the results of forty public meetings on the Spiritist Doctrine, in which we, the disincarnate servers, freely examined the teachings of Allan Kardec, (7), together with our incarnate companions (8).

Of course, each chapter leaves the subject open for examination by other commentators who wish to share the joy of studying the book with us since, in the apostle Peter's own words (9), we can see that no concept in scripture is open to private interpretation.

Therefore, by presenting this book to our companions in the world, we must turn to the words of Christ when He exhorts us: "**You shall know the truth, and the truth shall make you free.**" (10)

In fact, we won't achieve true liberation without abolishing the bondage of ignorance in the realm of the spirit.

It must be observed that knowledge is a type of acquisition that requires us to be charitable towards ourselves. While it is possible to remedy the deficiencies of the body through charitable donations, such as food for the hungry and medicine for the sick, the light of the spirit is not transmitted either by imposition or osmosis.

Those who aspire to hoard the values of their own intimate emancipation before the Universe and Life should and need to study.

Emmanuel

Uberaba, February 11, 1965.

(Page received by the medium Francisco Cândido Xavier.).

- (1) Luke 4:16-30.
- (2) Luke 18:38-42
- (3) Acts 2:1-4
- (4) Acts 8:26-31
- (5) Colossians 4:16

**(6) The mediums Francisco Cândido Xavier and Waldo Vieira psychographed the messages of Emmanuel and André Luiz, respectively, in public meetings, as contained in this book, with Emmanuel's words appearing first in each chapter, followed by André Luiz's.**

(7) The letters "E" and "L" designate, respectively, "The Gospel According to Spiritism" and "The Spirits' Book", by Allan Kardec, followed by the numbers of the items and questions studied in each meeting. (8)

The contributions of the people present at each meeting consisted of comments, proposals, dialogues and debates, which are indicated with the caption "themes studied" on the frontispiece of each chapter.

- (9) II Peter, 1:20.
- (10) John, 8:32

## Study and Live

Study and live.

We value the common agape, where, in Spiritist meetings, we debate ordinary worldly matters and fundamental questions of eternal life.

The Spiritist gathering is not a watertight cult of belief embalmed in traditionalist legends.

It constitutes an assembly of active fraternity, seeking in rational faith the logical explanation to the problems of life, being and destiny.

We are all called to participate in it.

To speak and listen.

To teach and learn.

In Spiritism, we face an urgent task: to unravel Allan Kardec's living thought from the principles that constitute his doctrinal codification, just as he, Kardec, sought to unravel the living thought of Christ from the teachings contained in the Gospel.

Let's realize that studying requires a team effort. Team life is productive discipline, forgetting ourselves for the benefit of all.

Highlighting the work and forgetting ourselves.

Comprehending that achievement and education require mutual understanding and support.

Associating without pretending to be in charge.

Accepting opinions better than ours; resigning ourselves to not being a providential person.

Under no circumstances should we think of ourselves as a group of heroes but rather as a group of human creatures in which difficult experiences can occur at any time.

Never belittle others, no matter how complicated they may be. On the other hand, we should accept with sincerity and good humor the criticism that others address us.

Forgetting the old platitudes about cursing the wicked, the corrupted society, humanity heading for the abyss, or everything having to be done as the guides have determined.

We ought not to underestimate the danger of evil but seek the good above all else and encourage its influence; not ignore the errors of the earthly community, but identify its benefits and help it to improve itself; not ignore the mistakes of humanity, but to recognize that progress is the law and to collaborate with progress in all circumstances; not shy away from thanking our benefactors and disincarnate friends, but not to abandon one's own reasoning or desert personal responsibility under the pretext of humility and gratitude towards them.

We are brought to the Spiritist school to help and be helped, to exchange experiences and acquire knowledge.

This book is a demonstration of this. An informal meeting between incarnate and disincarnate around the liberating work of Allan Kardec.

Explanations, definitions, ideas, and comments.

In short, a synthetic invitation to study.

Study to learn. Learn to work. Work to serve more and more.

Study and live.

Think about the value of your cooperation in improving and enhancing the team you are part of, whether in the doctrinal temple or your home cult of spiritual elevation.

Don't forget that your help to the group must be just as substantial and relevant as the help the group gives you.

André Luiz

Uberaba, February 11, 1965.

(Page received by the medium Waldo Vieira.)

# 1

## E - Chap. X - Item 2

### L - Question 117

#### Topics studied:

-Ancestors

-Cause and effect

-Need for work

-Yesterday and today

-Opportunity for upliftment

-Time and us

#### Today and Us

Time and us, life and soul. Us and today, soul and life.

Time: inexhaustible capital at our disposal. Today, a blank check that we can issue, withdrawing resources, according to our will.

Let us compare Divine Providence to a banking establishment operating with unlimited reserves in all the world's domains.

Through the exchange of Cause and Effect, everyone maintains a private record of debts and assets, clearly distinct, but through the Currency of Time, all concessions are equal for everybody.

For the wise and ignorant, happy or unhappy, the hour is the mathematical value of sixty minutes.

Today is the particle of credit you possess in a perfect condominium with all those you know and don't know, whom you esteem or disesteem, a gift that is yours to gain new gifts.

Thus, take advantage of the present moment in renewal and promotion. Renewal is progress. Promotion is service.

We should not hold on to the past because of its chains and shadows, nor be upset by the future for what it holds in fantasy or uncertainty.

By the forces of the spirit, we are entangled with the thoughts of the past, like the physical body, which remains saturated with agents of heredity. Although linked to our ancestors, none of us is called to Earth to reproduce their existence, and however much we owe to the ideas of the teachers who helped us, we are called to express ours.

Let's respect those who have helped us and dignify the pioneers of good who paved the way for us, but let's be ourselves.

As eternal spirits, let us know how to build our happiness by obeying the laws of love and justice. We should have as a target forgetting evil and doing good, studying and accomplishing, working and serving, renewing and improving constantly and tirelessly.

To this end, let us reflect: Yesterday has brought us the light of experience, and tomorrow will suggest us luminous hope.

The best opportunity, however, is not called yesterday or tomorrow.

It's called today. Today is the day.

## In Everything

In everything, the apprentice of the Gospel finds the opportunity to employ the guidance of pure fraternity:

- Choosing study methods.
- Maintaining persistence in the work in favor of others.
- Choosing serenity as the norm for each day.
- Drawing up healthy ideals for action in the general interest.
- Applying the theory and practice of goodness to the simplest tasks.
- Taking note of your own shortcomings.
- Expressing active gratitude.
- Constantly sustaining noble intentions.
- Defending the effective valorization of your companions' respectable qualities.
- Spontaneously donating personal contributions for the benefit of others.

Thus, let's never lose sight of the higher goal we are aiming at. With Jesus, we are committed to ideal teamwork, to the maximum effort of constructiveness for the efficiency of the soul in the worship of living love, and for the creation of happiness for all creatures.

## 2

### E - Chapter V - Item 24

### L - Question 918

#### Topics studied:

- Action
- Real joy
- Straight paths
- Consciousness beyond the Earth
- Imperative of discernment
- Personal influence

#### Your Message

Your message is not just the speech or the ceremonial title with which you present yourself on the conventional plane; it is the essence of your actions, expressed on the external plane, reaching out to others.

Without you realizing it, when you turn to your companions for simple opinions about trivial everyday events, you are putting your way of being into what you say.

By writing a brief phrase in a seemingly unimportant note, you pour the moral content of your heart into what you write, by articulating a specific reference, however

short, you point out the direction of your inclinations; by acquiring this or that, you reveal your sense of choice; by choosing distractions, you reveal through them the interests that govern your intimate life...

Reflect on the message you send out daily to the community.

Your ideas, comments, actions, and guidelines fly from you to meet others, like seeds carried far from the trees that produce them.

Let us cultivate love, justice, understanding, and kindness in the spiritual domain.

Be sure that everything you feel and think, say, and do is the real substance of your message to people, and it is clearly through what you do to them that the law of cause and effect, on Earth or in other worlds, responds to you and watches over you.

## Awareness and Convenience

Efficient solutions are not often the easiest nor the correct manifestations the most pleasant ones.

The path to success requires much more the rules of higher effort than circumstantial exits or shortcuts of opportunism.

In the simplest actions, whether in business or personal endeavors, always seek the underlying substance that gives meaning, for without it, your efforts will be hollow and unproductive for your soul.

Today, as in the past, the individual feels he is on a tedious path only when he lacks spiritual nourishment to their habits.

The joy that depends on earthly events is short-lived. Real joy comes from the intimacy of being.

There is no external flowering spectacle without a basis in the hidden sap.

Elevated meditation, the cult of prayer, superior reading and constructive conversation constitute precious fertilizer for the roots of life.

No one breathes without the soul resources.

We all need spirituality to go about our daily lives, even though for many people, spirituality appears under other names in today's psychological sciences, which

place themselves outside religious concepts to construct moral buildings.

Given this, creating habits of inner improvement means security, balance, health, and stability in one's existence.

Under such guidance, it will no longer be possible for us to maintain ambiguity in our attitudes.

In every environment, at every hour for each of us, there is straight conduct, the highest vision, the most expressive effort, and the most suitable door.

Having reached this level of understanding, it is no longer lawful for us to take the slightest initiative that imposes undue distinction or regrettable segregation, for the notion of justice will govern our behavior, pointing out to us our duty towards everyone in building common harmony.

We establish the limits of conscience and convenience within ourselves, we learn that happiness, to be true, must have an eternal essence.

Forced to find the repercussions of our works beyond the physical plane, what use will any euphoria based on illusion be to us?

What good is a commitment to human externalities when they are not based on our obligations to the good of others, if disincarnating does not spare anyone?

Let's think about happiness, peace, and victory, but let's

choose the path to them in the light of realities that guide the Spirit's life, for we will receive back, at the customs house of death, all the material we send to others during our earthly journey.

Today's contentment is not enough for any of us.

We need to know whether we are thinking, feeling, speaking, and acting so our joy now is also joy later.

# 3

## E - Chapter XVIII - Item 10

### L - Question 4

#### Themes studied:

- Self-criticism
- Intimate construction
- Choice of ideal
- Existence of God
- Need for self-mastery
- Responsibility to live

#### On All Paths

Whatever the experience, be convinced that God is with us on every path.

It does not mean omitting responsibility or exonerating ourselves from the task the Lord has given us. There is no conscience without commitment, just as no dignity without law.

The fish lives freely in the water but must swim for itself. Although it does not pay a tax for the soil it stands for, the tree must produce according to its species.

No one receives life's talents to hide them in dust or rust.

You were born to do your best. To do this, you may encounter many hindrances to your development, like a child who understandably struggles with the exercises at school. The child goes through the trials of learning under the cover of the education from the teacher. We perform our duties with God's support.

If the exact knowledge of the Divine Omnipresence still doesn't come to your mind, in the need for faith, think of the infinite blessings that surround you without you making the slightest effort.

You haven't hired engineers to guarantee the sun that sustains you, nor have you hired employees to dig oxygen mines in the atmosphere to renew the air you breathe.

Reflect, for just a moment, on the unlimited riches at your disposal, on the reservoirs of Nature, and you will understand that no one lives alone.

Trust, follow, work, and build for the good. Be sure that to reach happiness, if you do your duty, God will do the rest.

## Always New Prescriptions

- See what you really want. The search for light includes fighting the shadow.
- Nurture higher principles. Doing your best is improving yourself.
- Use discernment. Spiritist conviction is based on the science of logic.
- Be at peace with everyone. Those who cultivate aversions create unhappiness.
- Work on good deeds. No one follows the Gospel without perspiring.
- Criticize what you say or write. Undisciplined propaganda tends to discredit the service.
- Don't blame others for your disappointments. We are the architects of our destinies.

-Serve without arguing. Sincere competition silences discord.

-Perfect your prayers. The nature of the supplication evolves with the elevation of our nature.

-Share the tasks of the general welfare. With Jesus, the ideal of one heart is the ideal of all.

# 4

## E - Chapter XXV - Item 4

### L - Question 491

#### Topics studied:

- Self-defense
- Self-surveillance
- Fraternal competition
- Self-effort
- Protective spirits
- Individual experience

#### Benefactors and Blessings

Let's trust in our benefactors and in the blessings that enrich our days without forgetting our obligations by enjoying the support they offer us.

Selfless parents on Earth who allow us to reincarnate, no matter how much they work for our happiness, don't take us away from the experience we need.

Masters who pull us out of the shadows of ignorance, no matter how much affection they devote to us, do not exempt us from learning.

Friends who comfort us as we undergo bitter times, although they love us, they will not carry our inner

struggles.

Scientists who replenish our strength on days of illness, however much they love us, don't use for us the medication that circumstances recommend.

Soul instructors who guide us on our journey of elevation, however much they protect us, they don't suppress the sweat of our moral ascent.

No one lives without the cooperation of others.

However, we are before the love we all need, just like the plant in front of Nature's support.

A plant cannot grow without air, cannot thrive without the sun, does not dispense with the help of the earth, and does not thrive without water, but it must produce by itself.

So it is in the realm of the spirit.

We all have problems that require others' help, but nobody can forge the effort for the good that depends exclusively on us.

## Be Cautious

- Protect yourself from the tentacles of discouragement with sincere prayer;
- From the onslaught of the shadow, with effective vigilance;
- From the attacks of fear, with the light of meditation;
- From the miasmas of boredom, with unceasing service;
- From the clouds of ignorance, with the blessing of study;
- From the flames of revolt, with the fountain of trust;
- From the traps of fanaticism, with reasoned faith;
- From the dead waters of stagnation with constant and disinterested work in the good.

\*

Each spirit carries within them the offensive forces of evil and the defensive resources of good, in the march of evolution.

The victory of good, although fatal, depends on the free will of everyone.

Therefore, for your own happiness, guard against any  
contemporizing with the mistakes that arise from  
yourself.

# 5

## E - Chapter XVII - Item 2

### L - Question 169

#### Topics studied:

- Enlightened attitude
- Group environment
- Day-to-day companions
- Fraternal conduct
- Definition of duties
- Daily life

#### Before Conscience

In essence, the will of the Creator is the highest attitude we should assume, wherever we are, in favor of all creatures.

But what is this higher attitude that we should embrace towards others? Undoubtedly, it is the execution of the duty the laws of the Eternal Good call us to do for general happiness, although duty acquires some specifications depending on the circumstances.

Let's look at some of the names that define it in the places and conditions in which we must fulfill it:

In conduct - sincerity;  
In feeling - cleanliness;  
In the idea - elevation;  
In the activity - service;  
In rest - dignity;  
In joy - temperance;  
In pain - patience;  
At home - devotion;  
In the street - kindness;  
In profession - diligence;  
In the study - application;  
In power - liberality;  
In affection - balance;  
In correction - mercy;  
In offense - forgiveness;  
In the law - detachment;  
In obligation - redemption;  
In possession - self-denial;  
In need - conformity;  
In temptation - resistance;  
In conversation - profit;

In teaching - demonstration;

In counsel - example.

In any place or situation, don't hesitate to adopt the higher attitude to which we are summoned by Divine Purposes, before the conscience.

To find it, just try to do your best for the benefit of others, as where and when you forget to serve your neighbor, there you will find the will of God who, sustaining the Good of All, responds to our longing for peace and happiness, according to the peace and happiness we offer to each other.

## Our Lesson Material

Nobody will be able to share the work of several communities at the same time, even though, through their actions, they indirectly influence the whole of Humanity.

Each of us, whether we are incarnate or disincarnate in service on the Earth, lives together with a group of companions who constitute the bonds of the past or the instruments of the present hour, with whom we are invited to educate our lives and hearts for the Greater Existence.

Such ideal partners will sometimes seem inadequate to us, but probably in their concept of us, they will also judge us to be unsuitable for them.

We must recognize that they are now what they are, just as we are now what we have been until today.

The Divine Directives did not bring us together with each other by chance.

We don't have enough resources to know in detail the purposes of Real Justice. We know that it gives us the best we can receive in order to do the best we can currently.

**We should:**

-Use the love the Gospel shows us to reduce our mutual shortcomings;

- Love our neighbor as if they were our beloved family members;
- Thank the most virtuous for the comfort with which they nourish our souls and help those who seem less secure;
- Follow the example of the brave in their constructive dynamism and support the timid who stumble at every step of the task ahead;
- Feel their setbacks and share their joys;
- Gather inspiration from those who get it right and support those who go astray;
- Listen carefully to those who teach, and listen patiently to those unbalanced in the labyrinths of need;
- Encourage the smallest aspirations that show the way to correction, remaining just so that fraternity never flatters evil in those we love;
- Know how to touch their feelings without turning sincerity into reproach and transforming goodness into weakness so they don't become entangled in illusion traps.
- Understand that without them, we would be like students forced to attend school without lesson material.
- In short, accept the field of everyday life as the most dignified school, where we can intern, provisionally confined by the Common Father, and from which we will

not leave except to repeat the tests if we do not have the grades recommended to higher teams.

To this end, let's make it a rule to make generalized benefits so that unproductive routine doesn't keep us on the sidelines, delaying our access to valuable understanding.

# 6

## E - Chap. XVII - Item 9

### L - Question 559

#### Topics studied:

-Mutual aid

-Cooperation in good

-The power of kindness

-The power of love

-Time and service

#### Incessant Exchange

We are all located in an extensive park of opportunities for work, renewal, development, and improvement. Among those you pursue as your best aspirations, hold on, as much as possible, to the opportunity to help.

Time is like soil. Service is planting.

No one lives deprived of participation in good works since we all retain remnants of specific existence values.

Not only material elements are relevant, but also time, knowledge, friendship, and influence.

Do not miss out by omission.

“**You will reap what you sow**”, an old truth always new.

Everywhere, some wait for your cooperation. It seems that those who seek your help only count on the necessary support, whether it be a substantial gesture of support, a note of solidarity, a word of encouragement, or a timely warning. Nevertheless, that is not all. Life is a constant exchange. Those you protect will be your protectors.

You help the little one who is faint; he may later be the friend who guards your bedside on the day of your illness. The anonymous passer-by to whom you do a humble favor may soon be the significant element you depend on to solve a problem.

The power of love, however, extends further. The sick people you have supported on the brink of death will become friends who assist you from the Spiritual Plane.

And even the disinterested help you have given to hearts hardened by delinquency when you cannot touch them immediately will provide you with the collaboration of benefactors who love them, even though they are ignored and unknown.

All of us, the spirits evolving in the world's educational system, resemble travelers seeking eminences that will lead us to definitive sublimation.

No one on Earth makes a long journey without the help of bridges, from the imposing viaduct to the simple plank to cross ravines, depressions, valleys, and abysses.

No matter how regular the journey may be, there always comes a time when we need someone to overcome obstacles or dangers.

Let us build bridges of sympathy with the material of kindness.

Today, someone stands in front of us, begging for support. Tomorrow, in front of someone, we will appear.

## Our Contribution

Our cooperation to the work of good has distinctive characteristics:

It is always timely.

It never becomes excessive.

It has a specific value.

It receives superior approval.

It demonstrates our desire to get it right.

It is always a new experience.

It shows unlimited scope for manifestation.

It doesn't need to be imposed or conditioned.

It reveals a better tomorrow today.

It means a call for the cooperation of others.

It brings progress.

It fills our time in an ideal way.

It gives value to everyone's life.

Extend a helping hand to anonymous good works, because those who travel the Earth invariably give and receive the gifts of joy or the toxins of sadness they sow wherever they go, on the pilgrimage to Eternal Life.

# 7

## E - Chapter XVI - Item 13

### L - Question 702

#### Topics studied:

-Support from example

-Spiritual goods

-Law of use

-Need for balance

-Property

-Prosperity

#### Your Prosperity

Your prosperity doesn't only show through the material face of your money, possessions, house, and goods.

It consists of the experiences you've gathered with a troubled soul before the misunderstandings surrounding you over the years.

It derives from the noble knowledge you have gained through persevering study, which has given you the privilege of alleviating the suffering of the neighbor who comes behind you with no light to guide him.

It rises from the words tempered with prudence and love that the trials have accumulated in the depths of your

soul, transfiguring you into help for the fallen...

It rises from the gestures of compassion you have accumulated at the cost of the disciplines you have submitted yourself to in favor of your loved ones, through which you have acquired the roof capable of keeping discord at bay...

It accumulates in the crumbs of time, which you know how to extract from the strictly fulfilled obligations, so you do not lack the opportunity to work to support the less fortunate...

Your prosperity is evident in the way you embody fraternity, suppress cruelty with acts of altruism, renew faith in others, and disarm delinquency with acts of humility.

Share the values you carry in your spirit with others.

Those who truly serve distribute without ever becoming impoverished.

The one who has bestowed and bestows the most on Earth is Jesus Christ, whose wealth pours out, infinite, from the treasures of the heart.

## Use and Abuse

Use is the common sense of life and the meter of charity.

Life without abuse, a clear conscience.

\*

Use is the moderation in everything.

Abuse is imbalance.

\*

Use expresses joy.

Abuse gives rise to pain.

\*

There are abuses of time, knowledge, and emotion.

That is why use is often called "abstention."

\*

Use creates comforting reminiscence.

Abuse forges unhappy memories.

\*

Knowing how to do is knowing how to use it.

All objects or devices, attitudes, or circumstances require proper use, without which errors arise.

\*

Illness is abuse of health.

Addiction is the abuse of habit.

Superfluous ~ abuse of what is necessary.

Selfishness ~ abuse of rights.

All the unfortunate aspects of life are abuses.

\*

Use is the law that builds.

Abuse is the exorbitance that wears us down.

That is why progress means using God's loans well.

# 8

## E - Chap. X - Item 13

### L - Question 922

#### Topics studied:

- Loyal companions
- Constructive guideline
- Towards happiness
- Obligations towards others
- Knowing how to listen to the truth
- Sincerity and slander

### Straightforward Companions

In the sphere of sentiment, we usually face a particular kind of friend, always the most precious ones, and to whom we don't always attribute the due value: those who tell us the truth about our spiritual needs.

We invariably rate highly those affections that guarantee us surface conveniences. We trust those who multiply our ephemeral possessions and solidarize with those who guarantee us greater esteem in the social group.

Our gratitude to all the benefactors who enrich our opportunities to progress and work together is perfectly

appropriate. But let's be honest with ourselves and recognize that it's not easy to accept the support of companions whose frank and enlightening words help us to suppress the deceptions that parasitize our existence.

If they talk about the dangers we face due to our lack of experience or supervision, even using kind words, we often react badly and accuse them of being ungrateful and unkind.

If they insist, we frequently consider them obsessed or allow the honey of friendship to be converted into the vinegar of aversion in our souls, exaggerating their little faults with absolute forgetfulness of their noble qualities.

Let's consider especially the friends incapable of sustaining our imbalances or illusions. Let's never make the mistake of mixing them up with slanderers.

Contractors of defamation and slander speak by destroying. Precious and generous friends warn and caution with discretion and kindness. Whenever they say something that shakes our souls, let us tune in to our conscience, pray to the Lord to sustain our sincerity, and know how to listen to them.

## Safe-Conduct

- Avoid uncharitable jests.
- Value work breaks.
- Look at the past as an archive of experience.
- Forget the less worthy signs of people and facts.
- Smile in response to difficulty.
- Dispel the clouds of misunderstanding with indulgence in words.
- Always respect the faith of others.
- Serve without showing off your service.
- Constructively improve opinions.
- Avoid little manifestations of disguised tyranny.
- Place above your own needs what is necessary for the good of others.
- Claim your responsibility as a privilege.
- Complete your overdue obligation without delay.
- Weigh every promise before you bring it to your mouth.
- Respond as much as possible to the wishes of those who await your help.

Such actions work like precious safe-conducts disentangling the obstacles in our journey towards Greater Happiness.

# 9

## E - Chap. XV - Item 5

### L - Question 770

#### Topics studied:

-Disinterested support

-Understanding

-The importance of individual cooperation

-Justice and us

-The power of example

-Towards common brotherhood

#### Solidarity

Don't demand inconsequentially that others give you this or that as if love was an article of obligation.

Many people talk about social justice in earthly organizations, focusing their interest and vision exclusively on themselves as if others were not living people with aspirations and struggles, joys, and sorrows just like ours.

How can we understand those who share our conviviality without letting go of the armor of our advantages to penetrate their hearts?

We don't have the fortune to remove all their material

problems, nor do the laws of the Universe give anyone the power to cross for us the dais of trials we need; however, we can employ verbs and attitudes, eyes and ears, feet and hands, constantly in the work of understanding.

Start in the apostolate of fraternization, meditating on the seemingly insignificant difficulties of each one, if you have the desire to assist.

Don't complain against the greengrocer, who didn't give you the best share, as he has been at work since the first minutes of dawn; send a thought of sympathy to the laundress, whose tired eyes didn't see the stain on your clothes; consider the servant who serves you, hurried or insecure, as someone whose mind is preoccupied with domestic troubles; accept the friend who can't answer your call as an individual shackled to commitments you don't know about; listen to your sad-spirited companions, aware that you are also susceptible to getting sick and discouraged; see your irritated colleague as someone ill and begging you for the medicine of tolerance; keep quiet about the disparaging remarks made by those who have not yet specialized in conversing with the perfection of grammar; do not be offended by the unfortunate gesture of the obsessed person, who walks down the street, under the guise of a balanced and healthy person...

We all dream of the fraternity empire; we all yearn to

see solidarity between all beings in the exaltation of the noblest principles of humanity...

Almost all of us, however, are waiting for palaces and millions, titles and honors, to contribute somehow to the grand achievement.

By doing so, we forget completely that a river consists of small sources and that none of us, when it comes to doing our best for the good, should wait until tomorrow to start.

## Until the End

Have you ever felt the pleasure of helping someone, without any secondary interest, absolutely, from the beginning to the end of the need, witnessing a success or a recovery?

For example, before a sick person with no possibility of treatment, destined to fail, and providing for his improvement, simply in exchange for the satisfaction of seeing him restored to the opportunities of existence?

It gives rise to a sense of well-being unparalleled in any other human action, for inviolable inner joy.

Have you ever thought of the incredible results of supporting an abandoned child, guiding it from early childhood to achieving a profession that provides it with freedom and self-respect, without seeking financial gain?

Have you ever thought about the invaluable importance of a sustained sacrificial service for the benefit of others, from beginning to end, without asking or expecting admiration from anyone?

Only those who have experienced such accomplishments can judge the purity of the euphoria and the originality of the emotion that dominates us when we fulfill our duties of assistance from beginning to end without the slightest idea of compensation.

There are plenty of opportunities.

Every day, we rub shoulders with multitudes of sick, homeless, hungry, naked, obsessed, and disoriented people.

You can even choose the undertaking you wish to take upon yourself.

There is a particular charm in being protagonists or effective collaborators in the others' victories. On many occasions, there is no better stimulant for life and work.

For legions of people, this work of complete and hidden benevolence is the formula for restoring trust in God, whose laws of love operate through the mark of anonymity on an impersonal basis.

In these enterprises of doing good for the sake of good, countless souls find the cure for evils, the oblivion of shadows, the meaning of personal usefulness, and the ideal equation for contentment in life.

When nonconformity or monotony disfigure your inner landscape, energize your power to help.

Sow sacrifices and reap smiles. Give your possessions and receive priceless joy.

Take the initiative to offer your time, and the others will spontaneously come and bring days and days of support to your labor. Try it. Unleash the cause of the good, and it will respond mechanically with its admirable effects.

10

## E - Chap. XXII - Item 3

### L - Question 803

#### Topics studied:

-Conduct and conciliation

-Marital conflicts

-Human family

-The imperative of charity

-Marriage

-Religion and marriage

#### Before the Bigger Family

If you can carry the difficulties that afflict you in a robust and reasonably nourished body, reflect on those brothers and sisters in the whole family whose hardship is wearing them down.

Don't allow inferior considerations to close the doors of your feelings towards them.

If you have something to give, don't delay the beneficence work, and don't rely on appearances to deny them cooperation.

Let us accept them as paternal guardians or unforgettable children cast out into the open sea of

earthly experience and returned to us by the tide of trials, as if we were speculators of violence for them.

They grew impatient in their wait for help, which seemed impossible to them, and they let despair blind them.

Others, marked by regrettable habits, don't admit they are irresistible slaves to vice. They have crossed long paths of shadows and, disillusioned about the arrival of someone to light their way, fell unawares over the precipices of the edge.

We are surprised by those who appear outwardly well-groomed and the ones who give the impression of being devoid of any notion of hygiene, but don't you believe that they live in imposture and relaxation. One by one, they carry misfortune and sickness, sadness and disappointment.

We do not doubt that there is, in a few of them, pride and stinginess; however, this never happens to the extent of the avarice and vanity that are hidden in us, the companions indicated to extend our hands to them.

If they're asking for help, they couldn't have more expressive credentials of need than the pain of asking.

Above all, it's worth adding that none of them expect us to be able to solve all the crucial problems of their destiny. They only ask for this or that crumb of love, like

the thirsty pilgrim who begs for a glass of water to gain energy and move on.

This one asks for a sentence of blessing; that one a supportive smile, another begs for a gesture of attention or a piece of bread...

Bless them and do what you can for them, without forgetting that the Eternal Friend follows our footsteps, in divine silence, after having said to each of us, in the acoustics of the centuries:

**“Truly, whatever you do to the least of these, you have done to me.”**

## Spiritism and the Spouses

Success in marriage becomes challenging without mutual understanding, respect, conciliation, and spiritual affinity.

All would-be marriages need to study the circumstances of the spousal arrangement before the consortium, for which there is the natural engagement period.

A very significant aspect to analyze is religious beliefs.

Indeed, if the same religion in the couple contributes immensely to the stability of marriage, the diversity of views does not constitute prohibitive factors in family peace.

But if quarrels break out in the household, resulting from the clash of different religious opinions, the responsibility lies with the spouses who chose each other.

The common tendency of one spouse is to get the other to think and act like themselves, which is not always feasible and should not happen.

That is why it is not their place violate situations and feelings by imposing themselves on each other, especially in the sense of religious beliefs.

The spouse with a sincere faith should take the initiative to show the quality of their convictions at home, by

silently inviting others to them through example.

It won't be through discussions, reproaches or jokes about religious matters that one can prove the excellence of a doctrine.

Instead of sterile murmurings, there is an urgent need to show superior spirituality, repeated daily.

Instead of sterile murmurings, it is urgent to give proof of superior spirituality, repeated in everyday life. Instead of extreme concepts in tiresome sermons, it is worth exposing the belief in improving conduct, making it clear how much worse any creature would be without the support of religion.

For Spiritists, it would never help to force someone to read determinate works, attend some meetings, or accept criteria in doctrinal matters.

If you want to change your partner's beliefs, start by changing yourself, practicing pure self-denial, service, understanding, and practical common sense by emphasizing in the eyes of the other person the capacity for renewal of the principles you embrace.

The spouse is the best person to reveal the virtues of a belief to the other one.

A simple act of kindness in the household has more persuasive force than dozens of sermons in a temple where the person attends upset.

A single proof of sacrifice between two people who meet daily is more effective as a teaching agent than a score of books imposed on them for forced reading.

In short, it's up to the spouse to make their religion attractive and stimulating for the other, instead of making it boring or uncomfortable.

In the testimonies of each moment, in the living worship of the Gospel at home and loyalty to one's faith, let each one persist in good works, as before living demonstrations of love all the bitterness of discord and all the resistance of incomprehension will cease.

## 11

### E - Chap. V - Item 4

### L - Question 1004

#### Topics studied:

-Moral disasters

-Destiny

-Immunization against evil

-Interdependence

-Evil and us

-Us and others

#### The Good Before

We do not ignore that the law of cause and effect works mechanically in all fields of the Universe.

We do know, however, that we create destiny every day.

Surely, Eternal Wisdom does not give us the intelligence to obey passively external impulses; it gives us intelligence and reason to obey the laws It has established, with the precise discernment between good and evil.

We ought to create the good by fostering it with all the possibilities at our disposal.

We deplore the passional crime that happened to our dearest friends... Let's ask ourselves what we did for them so they could avoid such downfall into delinquency.

We marvel at the desolation of destitute mothers who condemn themselves to death before their helpless children... Let's ask ourselves what we have done to prevent poverty from driving them to the brink of despair.

We lament domestic maladjustments and collective disturbances, misunderstandings, and disasters; however, in any failure in the mechanisms of life, it is necessary to inquire about our conduct to remove the unfortunate occurrence in good time.

**"Good before all"** should be a fundamental component of our daily program.

Let's attend to fraternal help by immunizing ourselves against evil with the same care we take to prevent accidents by respecting traffic signs.

Someone might say that if we are free, we have nothing to do with the experiences of others. We agree with this assertion when it comes to living, since we all have independence in our choices and actions for which we will be accountable to the Greater Life; however, when it comes to living together, we coexist interdependently, where we need each other's support to sustain the good of all.

The voyagers on a ship in the middle of the ocean ask for mutual assistance to prevent it from sinking.

We, the incarnate and disincarnate Spirits in service on the planet, are in no different condition.

Hence, we need to do all the good we can to repair this or that disaster, but if we wish to have a sound conscience, we need to know if we have done the good before.

## Be Sure

The act of rebellion and harshness, before manifesting itself in malignant agitation, transforms the soul's temple into a hotbed of vibratory waste.

A hasty and hurtful word, before hurting another's ear, dulls its author's mental processes with the shadow of invigilation.

A complaint, although apparently fair, before parasitizing the balance of others, vitiates the innermost intentions of its bearer.

Before crushing the interlocutor, a stagnant and proud opinion crystallizes the possibilities of updating and improving the person who expresses it.

Before suggesting the path of frustration to a neighbor, a regrettable, superficially common habit traps the person who cultivates it in invisible meshes of mud and shadow.

Before dilapidating the offender's reputation, the deliberate repetition of a mistake intoxicates their will and undermines their security.

Before it becomes known to everyone, the great criminal action is preceded by small unfortunate actions hidden in the shady purposes of the perpetrator.

Before being a vain attempt to deceive others, an improper apology is the truthful illusion realization of its promoter.

Before we act, we visualize the action.

We should act in our inner life before we act in the external one.

Before we are good or bad for everyone, we are good or bad for ourselves.

\*

Keep these realities in mind.

Before we reap the happy smile that we await through others, we must live the selfless and pure good that will please those who will cheer us up in their turn.

## 12

### E - Chapter XIII - Item 4

#### L - Question 800

##### Topics studied:

-Spiritist support

-Spiritism and personal experience

-Spiritist work

-Unexpected trials

-Fraternal help

-Hidden trials

#### A Partner's Message

If you have already received the support of Spiritism, aid the Spiritist work, so it can continue to help.

Don't withhold the teaching you treasure or run away from the good you can do.

How many are waiting for someone to give them a fraternal warning, a word of understanding, an encouraging book, or a gesture of support to prevent them from falling!...

Take pity on the sick and hungry and share the crumbs from your pocket and the resources on your plate with them.

Also, consider those needy of the soul who walk on Earth with hearts in poverty.

Reflect on the afflictions hidden under the rituals of etiquette; moneged ordeals, obsessions cunningly embedded in intelligence; discouragement of the good; well-dressed sorrows; remorse trapped in the conscience; hidden evils, and the despair of those who turn over the ashes, looking for a sign of the loved ones who have said goodbye in death....

Many of those you think are drunk with joy carry a jar of tears in their chests and many who you imagine to be fulfilled, only because you saw them through the lens of fame, carry difficulties and trials, begging for spiritual assistance.

There are shadows and shadows. The knowledge of light is enough to repel those that assault the eyes, but to dispel those that envelop the soul, the light of knowledge is necessary.

Thus, let Spiritism ~ reflecting the Sun of the Gospel ~ illuminate life through you.

For this, do not give in to any demands.

Speak the Spiritist concept at the appropriate time; extend the Spiritist page with the spontaneity of someone who quenches a thirst one at the source of pure water; bear witness to the Spiritist conviction, in joy or suffering; and offer the Spiritist example in living the

principles we love, in work and patience, understanding and humility.

Allan Kardec's apostolate is the restoration of simple, clear Christianity, in which Jesus seeks the people, and the people find Jesus.

Hearts in prayer and hands in service!

If we have already been able to receive the help of Spiritism, let us support the Spiritist work so that the Spiritist work can continue to help.

## Unrevealed Proofs

From the moral point of view, a lot of misfortune lurks everywhere.

In the most diverse environments, when you least expect it, with people apparently more self-confident, affliction can emerge unexpectedly, and tears come hidden.

Disappointment, illness, rebelliousness, and discouragement often don't appear in the face of external circumstances, for instance:

- A family member who is disappointed by the unflattering news they hear about a loved one.
- A young woman afflicted with the frustration of her marriage plans.
- A father tormented by his son's incurable illness.
- A mother anxious about an impracticable reconciliation with the father of her child.
- A well-dressed knight completely unhappy with the physical handicap he carries without others realizing it.
- A widow tormented by the lack of guarantees at home.
- A spouse who no longer trusts his partner of twenty years.
- A man wounded by his conscience in the transition phase between a recent past of mistakes and a future of higher success.

- The sick head of a large family, suddenly unemployed.
- A robust individual involved in obsessive plots.

Let's learn from the Spiritist Doctrine that the present reflects the past and the law of cause and effect works daily in any social landscape, person, and professional backstage.

Let's think about it, so we don't fail to provide the necessary support for the harmony we must maintain in the realms of life.

If someone responds harshly to you, if a friend appears incomprehensible, if that companion suddenly starts to dislike you gratuitously, if another person is shaking your spiritual work, and if many do not correspond to your hopes in the slightest, think of these brothers and sisters as mentally stuck in unrevealed problems of anguish and put yourself in their position. Think of the trials and disadvantages they experience, and you will feel sympathy and will to help them.

The common voice doesn't always say everything that lies in our souls.

Let's repeat to ourselves that true charity can be summed up in the comprehension beyond the appearances of the spirits with whom we live, forgiving and helping silently and selflessly, on our part, wherever we are, as necessary and as much as possible.

13

E - Chap. IX - Item 7

L - Question 893

Topics studied:

-Appearance and reality

-Kindness and maturity of spirit

-Material charity and moral charity

-Understanding and happiness

-Gifts

-Sport of the soul

Spiritual Donations

Blessed is he who sets aside a portion of what he possesses for the benefit of others!

Blessed is he who gives of himself!

Through all the filters of goodness, love is always the same.

While material gifts, invariably blessed, suppress external demands, donations of spirit interfere inwardly, dispelling the darkness that accumulates in the realm of the soul.

The torture of hunger is painful, moral calamity, terrible.

Share your bread with the victims of hardship but extend fraternal hands to those who wander around begging for the enlightenment and consolation they don't know. You don't need to seek them out since they surround you at every corner of the path ....

They are friends and sometimes hurt you with supposedly cruel attitudes when all they do is hand you out of comfort, communicating to you, in their mental intemperance, the flames of suffering that scorch their hearts.

They come as adversaries and create problems for you, not because they are perverse, but because they still lack the light of understanding.

They appear as bored people with all the human advantages to be happy, but lack a friendly voice capable of inducing them to discover tranquility and joy through the sowing of good works.

They emerge as undesirable and vicious individuals whose imbalance is nothing more than the frustrated expectation of the affectionate support they begged for in vain!

To help those who lack physical support, you need kindness; however, to support those suffering from the soul's needs, you need kindness with maturity.

If you realize that we are not on the same evolutionary level, support the neighbor with your words, silence,

gesture, or decision to plant union and concord, hope, and optimism in your environment!

Exert comprehension to sustain the practice of good that will bear fruit for general happiness.

Don't say you're too lonely to do so much...

Reflecting on our duties before spiritual donations, let's remember Jesus...

In the hungry days of the restless mob, the Divine Master would gather with His friends to benefit thousands; however, in the hour of extreme sacrifice, when it fell to Him to help the victims of ignorance and hatred, of violence and fanaticism, He alone donated Himself, in favor of millions.

## Sports

If there are sports that help the body, there are those that aid the soul...

- The march of well-done duty.
- The regatta of sweat at work.
- The exercise of devotion to study.
- The leap of effort over obstacles.
- The marathon of good deeds.
- The tournament of kindness.
- The plunge into silence in the face of insult.
- The swim of patience in difficult times.
- The gymnastics of tolerance before offenses.
- The flight of thought to higher spheres.
- The demonstration of moral resistance in the trials of each day.

\*

One can practice all these sports at all ages and in all conditions.

Believe that any championship in one of them will be a prize of light in your heart, shining forever.

## 14

### E - Chap. IX - Item 9

### L - Question 826

#### Topics studied:

-Self-treatment

-Bitterness in high personalities

-Intimate captivity

-Discipline and individual rights

-Irritation

-Manifestations

#### Around Irritation

We will talk about a strange observation but a truthful fact. Irritation occurs much more frequently in ennobled personalities. A kind of sickness of righteousness, if righteousness could get sick.

People realize the greatness of life, wake up to responsibility, dedicate themselves to their obligations, and begin to value discipline and time. They acquire a broader notion of duty, which they recognize must be impeccably executed. They assume they have a more extended provision of rights. At times, they take the ability to preserve and defend them further than

necessary, initiating the first formations of irascibility by overestimating their value. Once the feeling of self-importance has taken hold, people soon embrace resentment and hurt feelings before natural struggles they consider to be due to misunderstandings and offenses from others.

Since they reach this point, the victims of this dangerous syndrome, linked to the mind's pathology, come to their closest ones as helpful patients, loved and shunned, as they do have a moral height, and no one can guess the moment of their explosion.

Because the bad mood of respectable spirits, for their work and conduct, hurts more than the frivolity of people less inclined to dignity and service, such esteemed companions are sought out only on an exceptional basis. They might also be put aside by the kindness of others, seen as different temperamental or nervous friends.

Let's examine ourselves.

Let's turn the stylus of introspection inward.

If aggression is a sign of our personality, let's treat the sick character with the same attention we devote to a diseased organ.

If our conscience keeps clear in the certainty that we have tried to do our best to enjoy the chances the Lord has given us, let us be serene before difficulties and

active in doing good in the face of all circumstances, remembering that the bird's-foot trefoil chokes the noble trees and the flatsedge spreads, like a real calamity, precisely in good soil.

## Set Yourself Free

Lips poisoned by the gall of malice cannot smile with true joy.

Ears closed with the wax of thoughtlessness cannot hear the untranslatable harmonies of peace.

Eyes dusted with indiscretion cannot see the comforting landscapes of the world.

Arms inert in idleness cannot escape paralysis.

A mind imprisoned in evil does not gather resources to retain the good.

A heart incapable of feeling pure fraternity cannot adjust to the rhythm of hope and faith.

\*

Free yourself from such scourges.

Indefectible laws of love and justice superintend all the phenomena of the Universe and monitor the reactions of each Spirit.

Thus, in the work of one's renewal, the individual cannot disregard any of his manifestations, otherwise, it will be difficult for him to march towards the Vanguard of Light.

## 15

### E - Chapter XIV - Item 8

### L - Question 779

#### Topics studied:

- Family crises
- Earthly school
- The educational function of the home
- Consanguineous ties
- Kinship
- Mutual respect

#### In the Domestic Field

We are all brothers, forming a single family before the Lord; however, until we reach supreme brotherhood, we will train through different groups, from learning to learning, from reincarnation to reincarnation.

Thus, in our daily lives, we have the company of those people who most deeply associate with us at work, be it husband or wife, parents or children, relatives or companions.

No matter how impersonal our feelings are, we are confronted in the family by occasions of trial or crisis, in which we spend time and energy to see them on the path

we consider the right one. Though, if we have already gained more experience and wish to help them, we must cultivate the kindness and patience with which we once obtained support in our turn.

We endure setbacks to attain some knowledge; we go through distressing temptations, and, in some cases, we suffer unforeseen falls, from which we only recover with the assistance of those who have made virtue not a lever of fire but a friendly arm, able to understand and support us.

Above all, we should remember that our loved ones have free consciences like us.

If they are wrong, it won't be by condemning them that we can readjust them; if they are weak, it won't be by waiting for them to show their strength that we can give them value; if ignorant, it won't be fair to ask them to understand without educating them; and if they are sick, it won't be fair to expect them to behave like healthy people without first suppressing their illness.

In any circumstance, we must always observe that we have been temporarily placed in a situation of intimacy to learn from others and support each other.

Given this, when evil intrudes on our household, let's avoid despair, irritation, discouragement, and resentment, which are of no benefit.

Instead, let's turn to prayer, begging Divine Providence to guide and inspire us through its emissaries so that we act not according to our whims but by the love that life dictates to do the good that is ours to do.

## Our Turn

Numerous humanities populate the sidereal worlds.

We populate the Earth School.

\*

Spirits march in infinite gradation through the fields of evolution.

We present the results of our efforts in daily life.

\*

Many hearts are happier than ours.

Countless souls are waiting for our help.

\*

No one lives apart from Divine Supervision.

We experience constant examination.

\*

There are people at the initial stage of progress.

We find Infinite Perfection, acting and serving ahead of everyone else.

\*

Today, our neighbor may be visited by a harsh event.

Tomorrow, it will probably be our turn.

\*

The Law impartially judges those we usually judge.

However, the same Law evaluates our slightest actions with unfailing integrity.

## 16

### E - Chap. XV - Item 10

### L - Question 912

#### Topics studied:

- Love and spontaneity
- Help and opportunity
- Donations and nature
- Spiritual medication
- Delayed help
- Solidarity and discipline

#### Don't Delay the Good

Gifts have the force of law in all fields of creation.

The flower gives its perfume naturally, and the animal offers cooperation to man through the sweat in which it is consumed.

The generous man gives fraternal help through the resources of charity without expecting any request, and the disincarnate usurer gives away all the possessions he has accumulated, constrained by the mechanisms of inheritance.

That's because, deep down, all of life's goods belong to God, who lends them to us for our enrichment.

Develop your ability to help as much as possible, as at the size of your feelings, you can be the material support, however slight, in the work of charity, for instance:

The word that enlightens and consoles in the battle of light against darkness; the friendly presence that inspires hope or the welcoming arm that supports a companion tormented by exhaustion.

Remember, however, the perfect moment to offer help, whether recognized as a time of need, a suggested task, a way of assisting, or an intuitive urge.

Enjoy the opportunity to be helpful, with the intelligence of someone who knows we must plant today to harvest tomorrow.

Yet, it is imperative to get rid of all demands for it. Don't be afraid of censure barbs around your gift, and don't tax your kindness with gratitude quotes.

Love does not take a toll on anyone who passes through it receiving service.

Help with the happiness of those who are honored with the ability to add to the joys that God has endowed the Universe with; above all, do not allow the opportunity to help to deteriorate in your hands.

A delayed gift tastes like a refusal, just as an unused meal upsets the balance of the palate...

Help wherever, whenever, and as much you can to build the common good.

Don't wait for disincarnating to force others to distribute what you can give today, in support of others to build your happiness, for what we bestow to life, in the person of our neighbor, is precisely what life gives back to us.

## Mode of Use

The blessed gifts of Divine Mercy are the exact medicines for our needs and require a particular way of using them.

Intelligence requires constant training in constructive learning.

Health, without good works gives way to illness.

Financial possession does not bring true joy when it lives far from fraternal help.

Human authority does not build security for anyone when it adopts a regime of intemperance.

Social prestige is reduced to mere appearance if it shines without being based on honest effort.

High knowledge, without decent work, accelerates remorse.

The family nest, without an environment of harmony, is a gateway to general imbalance.

Thus, the support of Higher Spirituality carries along the suggestion for the necessary utilization.

Remember to observe the necessary discipline when using the spiritual remedies sent by the Heavens. We must be accurate, persistent, and trusting in the timing, dosage, and method of use to heal our inner struggles. By doing so, we can renew ourselves to higher destinies.

17

E - Chap. X - Item 16

L - Question 943

Topics studied:

-Kindness and discernment

-Compassion

-Needy-problems

-Problems of pain

-Ordeal Justice

-Recovery

Soul Injuries

We should have compassion for those who suffer from illness or disasters, who present moving mutilations on their bodies.

However, equal compassion should exist towards those who appear before us with injured souls, whose painful wounds are invisible.

In addition to their position of needy, they often seem less attractive and desirable companions.

They appear as regular people, making demands or presenting problems; nevertheless, they often endure

difficult trials. They can hurt your feelings with unkind words, but at various times, they are bundles of nerves consumed by illness.

They may seem like ungrateful friends who leave us in times of need, but in many cases, they are spiritually unwell and caught up in obsessive thoughts.

They may respond aggressively to your affection, probably due to despair, like trees succumbing to plagues.

They may behave poorly and disgust you, but in many instances, they are good-hearted individuals who have succumbed to temptation and feel tormented by remorse and pain.

We don't mean that you should condone evil to protect goodness.

Rectification remains in order and security of life, just as medicine is in the defense and support of health. But we should act towards the injured soul with piety and the prudence who help the bruise, without widening the wound.

We ought to restore without destroying and make amends without proscribing.

Don't ignore that misguided brothers and sisters are entangled in labyrinths of shadow, and we need to guarantee them a proper way out.

In any readjustment process, let's remember Jesus, who taught by serving and corrected by loving, declared that he had not come to Earth to cure the healthy.

## Pain Aspects

Sobs of pain are understandable up to the point where they don't reach the fermentation of rebelliousness, as after that, they all become an unfortunate reproach to Heaven's plans.

\*

Illness never misses the address for its visits.

\*

In truth, tears are just like words. None are devoid of meaning.

\*

Only those who understand pain can understand life.

\*

Evolution also regulates the individuals' suffering, being more superficial or more profound in them, according to the improvement of each one.

\*

If you want to win, don't underestimate the possibility of sometimes suffering the pain of defeat as a lesson on the path to triumph.

\*

Those who accept the school of hardship learn best, as,

without it, the values of experience would remain ignored.

\*

Pain does not come from God, for according to the Law, it is a creation of those who suffer it.

## 18

### E - Chap. XVII - Item 3

#### L - Question 642

##### Topics studied:

- Unmanifest fault
- Indirect damage
- Duty and right
- Individual rights
- Double offenses
- Liability

##### Double Hit

Ostensibly, we have not harmed anyone.

From the point of view of respect for general safety, we are at peace.

How many of us, however, are free from remorse for the indirect harm we have caused?

We do not steal money from our neighbor's purse; however, if we inadvertently fall into pessimism, communicating discouragement to our companions, we distance them from precious opportunities in the field of advantages, with which they could perhaps alleviate many of significant needs.

We do not neglect the rights of our brothers and sisters in their professional activities. However, as we cling to any or some of them with nonsense and sick attachment, discouraging their intention to renew, we prevent their access to higher charges, where they would make a relevant service for humanity.

Let's not steal the joy of our neighbor; however, if we fall into despair, always unjustifiable, we instill discouragement and bitterness in those we love the most, destroying their courage.

We don't betray the order, but every time we desert our duty for no good reason, we spoil the trust of those who seek us for action or cooperation, somehow frustrating the harmony they need to sustain their tranquility.

Nobody was born to live, feel, imagine, and reason to hide themselves.

Each of us remains in the exact place to do our best.

We are accountable for the harm we cause and the good we neglect when we have the means to act.

Alongside the guilt that we bear for open offenses or omissions in service, we also have those that arise from the double blows we strike, which we rarely meditate on: The harm we cause to others after causing it to ourselves.

## Use Your Rights

You have the right:

- To hoard the fruits of experience for your benefit.
- To keep silent about the lesson you must learn in each circumstance.
- To restrain your spending to attend to the cult of love for your neighbor.
- To accumulate moral values along the way.
- To perfect your own heart first before trying to improve other souls.
- To help lives less fortunate than yours.
- To indiscriminately shelter those who are naked in body and soul, spreading your influence to preserve peace and joy.

- To show superior guidelines to your brothers and sisters in the struggle, placing yourself first and foremost within them.
- To free yourself from unjust prejudices without alarming others' minds.
- To summon those who live with you into the field of illuminating work, without demanding, but rather with the silent message of your example in upholding the good.
- To remember that in the certainty that the duty respected and fulfilled is the right path to the right to grow with Jesus in the service of general happiness.

19

## E - Chap. XV - Item 6

### L - Question 879

#### Topics studied:

- Charity and learning
- Charity and destiny
- Charity and retribution
- Close to us
- True ownership
- Neighborhood

#### On the Paths of the World

God, who helps us always, allows us to possess assets, so we also learn to help.

\*

We usually attract wealth and think we will have it forever, adorned with the facilities of gold...

But one day, on the borders of death, we are stripped of all our external possessions.

If anything remains, it will simply be the planting of the love crumbs we have distributed, credited to our name by the joy, however precarious and momentary, of those

who were kind enough to receive them.

\*

As a rule, we pile up titles of power and admit we own them, adorning ourselves with the advantages that influence bestows...

Yet, one day, on the frontiers of death, we are deprived of all the primacies of convention. If anything remains, it will simply be the balance of the small favors we have arranged, kept in our name by the relief, even if insignificant and unnoticed, of the ones kind enough to accept our fraternal impulses.

\*

We often repeat sanctifying phrases, believing them to be permanently incorporated into our spiritual heritage, adorning ourselves with the prestige that the brilliant phrase attributes to us...

One day, however, on the threshold of death, we are stripped of all illusions. If anything remains, it will simply be the narrow collection of benefits we have made, marked in our name by the comfort, even if slight and unknown, of those who gave us the opportunity for simple trials of elevation.

\*

Serve wherever you are and however you can, with a clear conscience.

Charity is not only the divine virtue; it is also the accounting system of the Universe, which allows us the happiness of helping to be helped.

One day, in the customs of death, all the baggage you don't need will be confiscated from you.

In the meantime, the Divine Laws will determine that you collect, with great interest of joy, everything you have given of what you are, do, know and have in aid of others, transforming your concessions into eternal values of the soul.

It will ensure ample acquisitive resources on the Spiritual Plane, so don't say that property doesn't exist or that it's not worth donating this or that.

In truth, we owe God everything we have, but we own what we give.

## Neighbors

Help your neighbors without being indiscreet.

Discretion is charity.

\*

Cultivate kindness in your neighborhood.

Help everyone who shares your living so that someone can help you in difficult times.

\*

Respect the happy or unhappy events that affect nearby homes.

A fire in someone else's house is a threat of fire in yours.

\*

Clear up any misunderstandings between you and the brothers and sisters in your environment.

Every neighbor can be good if you cultivate kindness towards them.

\*

Understand the problems and difficulties of those who walk beside you. Family members are relatives by blood, but neighbors are relatives by heart.

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E - Chapter XIII - Item 5

L - Question 632

Topics studied:

- Beneficence and courage
- Beneficence and education
- Beneficence and renewal
- Knowledge of the good
- Timidity and humility
- The value of spiritual help

The Power of Crumbs

Don't despise the power of a crumb in the work of helping.

The simple dish you share with the neighbor in need doesn't solve the hunger problem; however, it is not only a providential favor for those who receive it but also a message of brotherhood sent to other souls who will be inclined to share the table joys.

The article of clothing you give to a traveler who is shivering with cold does not extinguish the scourge of nakedness; nevertheless, it is not only a valuable shelter for those who receive it but also a silent appeal to friends

who await only a sign of love to give themselves over to the joys of service.

The same happens with the humble currency, which, adjusted to charity, makes one reflect on cooperation's value.

Also, the uplifting book, which, once working in supporting companions in need of enlightenment and comfort, requires us to meditate on the imposition of spiritual culture.

In many circumstances, it's just a gesture of your understanding that will save someone from imminent calamity and, in many cases, a single sentence on your part represents the safety of entire communities.

Blessed is everyone who spends millions to eliminate problems of a material nature, and blessed is everyone who gives something of himself for the benefit of others, even if it is only a word of blessing to comfort a forgotten child.

\*

Don't despise the power of a crumb in the work of helping.

As a gift of support and mercy for the happy and unhappy, the wise and ignorant, the just and unjust, God gives the Sun wholesale, but as an ineffable gift, able to guide people with harmony and discernment

Towards divine perfection, God gives time, exchanged for the crumbs of minutes, equal for everyone.

The human heart is like a vault filled with incalculable riches, and no one has it impenetrable or inaccessible...

It will resist the blows of hammers, the action of gazelles, and even the impact of explosives and fire tests.

Though, frequently, it is your crumb of humility, patience, kindness, and cooperation that symbolizes the key capable of opening it.

## Bravery

Bravery is also charity.

Hesitation of knowledge - Power to ignorance.

Weakness of uprightness - Unbalanced support.

Firm decision - Safe rudder.

A fragile will - A boat on the run.

The irresolution of the good - Guarantee of the bad.

\*

Nothing helpful or great is accomplished without courage.

Discoveries and inventions would not reach the heights of material civilization without the sacrifices of those who put their lives on the line.

Harvey tortured himself to death to prove the circulation of blood, and Jesus, similarly, sought to reveal the truth.

In the Spiritist Doctrine, we know what is beneficence and how to do good, as we are aware that the greatest good for us invariably arises from the obligation nobly fulfilled to create good for others.

There is no point in asking for guidance from others if the guidance shines brightly on our conscience.

Let us forget the old clichés “I don’t know if I will” and “I don’t know if I can” before the duties that circumstances impose on us.

Shyness is not humility.

To create light, it is not enough to fear the shadows.

It is necessary to light it up.